

August 2006

Volume 7, Issue 2

Mack Newton on Critics

I want to share something that has been a source of irritation for me for quite some time. Critics. People who seem to have nothing to offer but their critical opinion. Before I get to my point, let me share with you a quote from our 26th president, Theodore Roosevelt. This is taken from a speech he delivered in Paris, France at the Sorbonne in 1910.

"It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best know achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat."

I am amazed by the tendency of some people who want to criticize others who are making those efforts to improve their lives and the lives of others, the ones who are in the arena, taking chances, making investments of their time, energy and their money. It seems at every turn they're being criticized by those sitting on the sideline watching...just watching....doing nothing and risking nothing. One of the unfortunate consequences of facing constant criticism is that we sometimes allow the criticism to slowly begin to shape our lives. I mean ... I don't think we do it consciously, but, over time we begin to absorb it into ourselves.

I've noticed something about myself over the years. The older I get, the less attention I pay to what people think and say, especially about me. I've reached a point where I couldn't

"To avoid criticism do nothing, say nothing, be nothing."

-Elbert Hubbard

"Do what you feel in your heart to be right, for you'll be criticized anyway."

-Eleanor Roosevelt

care less about what people say about me. I notice what they do...how they live, but I pay very little attention to what they say. Some folks believe that the words that people say tell you who you are. Not me. I live the "Great-Grandma rule"...*what you're doing is making so much noise, I can't hear a word you're saying.* I think life validates words, not the other way around. Words are empty until battle-tested in

the world of experience. And I have little or no use for those who withdraw from the world and yet issue instructions on how to live in it. Simply put, if you don't play the game, you don't know enough to make the rules. Strong words? Oh yes, and I feel them deeply.

The critic has the right to say whatever they want to say, but not at the expense of your dreams and visions for accomplishment. I think that even those so-called well-intended criticisms are couched in nothing more than petty jealousy and feelings of insecurity. The message is clear—*how dare you think you can move out, how dare you think you can move ahead. How dare you!* I say let others say whatever they want to say, but don't take it to heart. Here is the way I deal with criticism—unless the person knows me well and I respect that person's opinion—it's completely meaningless to me. I take it the same way I take their praise...if they don't know me...it's meaningless. My driving force is my vision, my dreams.

Continued on page 2



Mack Daddy's is on the way!

You've seen all the construction going on Mack Daddy's 3-2 Gourmet to Go will open in late summer to early fall adjacent to Newton Fitness. The food will be the star at Mack Daddy's, with an abundance of delicious 3-2 meats, chicken and fish, and a "Build Your Own Meal" menu. "This is something that is crying to be done," says Mack, "and this will be hugely successful."



Inside this issue:

- Where is he now? Gerald Keating** 2
- Scholarship Winner Karol Aguirre** 3
- Marina Perelman in San Francisco** 3
- Health Hero Anne McNamara** 4



Where are they now? GERALD KEATING

Gerald Keating first entered Master Newton's tiny Taekwon-Do studio on McDowell Road in 1983. Then 25 years old and originally from Ireland, he had just re-located from New York to Phoenix. "I started Taekwon-Do in Ireland," he says in his delightful Irish brogue.

"I was looking for a place to train in Phoenix. I found Master Newton working out in the middle of the floor, on a hot Saturday afternoon. I immediately said 'this is the man I want to train with.' He suggested I come back on Monday and I did, for the hardest training session I had ever been to. I can remember that first session like it was yesterday. Training was very intense. All his students know, no matter where they are now, that Master Newton always gave 100%. Always. He also demanded 100% from his students."

Gerald remembers fondly the small studio with worn carpet, which was actually duct-taped to the floor. He says the scruffy surroundings were insignificant to the students, because the training

was so superior to what could be found anyplace else. "At Christmas-time, we gave him a roll of duct-tape" to maintain the carpet, he says with a laugh.

(If you have read *The Path to Power* or *The D Factor* by Mack Newton, you will recall his early struggles to create a profitable business that also respected the art of Taekwon-Do and classical training methods).

As Gerald continued his training from 1983 to 1992, the students moved from that early studio to another one on Indian School Road, then to the current studio that is home to Newton Fitness and Taekwon-Do.

In 1992, Gerald left Phoenix because the economics of the area required that he move elsewhere for his business as a tile and marble contractor. He and his wife relocated to Seattle, Washington, and now have six children. He has continued with his Taekwon-Do training in Seattle, but says "nothing was as powerful as the way he taught. Other schools are never the same. I think back on his class as being the ultimate training.

Five of his children are training in Taekwon-Do. Three are black belts. Gerald has his third-degree black belt, which he attributes to Master Newton "demanding the ultimate level. He wants you to perfect your level to 100%, not anything less."

One of the things he learned from Master Newton is that Taekwon-Do is very significant in your life," he says. It taught him to be stronger both mentally and physically. "Never give up, always keep going ahead. Challenge yourself 100%. And that's what I teach my children too."



Gerald Keating and his wife (center, back row) surrounded by their children.

Mack Newton on Critics

Continued from page 1

I'm reminded of a poem that has saved my life quite a few times. It's simply entitled "Boldness."

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: *That the moment one definitely commits oneself, then Providence moves too.* Allsorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way." So said the philosopher Goethe, for whom I have a deep respect. He continues:

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

These words have removed me from the influence of the critics and put me on the side of the Angels. Maybe it will work for you in the same manner.

Imagine this. You have a large bucket of crabs. One day one of the crabs decide to make a leap for the lip of the bucket in an effort to escape. What is he now? He's a traitor! He's decided to leave the others behind and get out! There's no greater offense to those left behind in the bucket. And so it is with us. So many of us have these little unspoken agreements with family members or friends that we'll all just stay here where we are, being overweight, underemployed or whatever. Well, when one decides to open their own business or lose the weight and get healthy or write a book, then the critics cut loose. *Are you crazy? You'll fail! You'll waste your money.* You've become a traitor to the cause. They say you've changed...they don't even know who you are anymore.

There is little question that today's conventional wisdom is different than in the day of Teddy Roosevelt. Today, the way to get along is to go along and that's how most people handle it, you know, political correctness and all that. However, at this point I'm not so sure that the values of my generation and a earlier age at the time of Teddy Roosevelt just may have been the right stance to take.

And to the critics who respond that they have all this knowledge and understanding of how they think things should work, I say to you; knowledge and understanding is not enough...one must also do. To gain from the world and not give back is one of the great tragedies of life. Shame on you!

And as my Great-Grandma would say, "don't tell me what to do if you ain't doing nothin'."

Karol Aguirre Wins Newton Fitness Scholarship

Karol Aguirre was thrilled to be a scholarship winner because, she says, "I was upset about gaining so much weight. I'm a college student and found it really difficult to fit in time to work out and eat healthy. I had started to give up."

The scholarship program at Newton Fitness began on June 1, 2006, and the rewards have been ample, she says. "I finally had a chance to do something for myself. It's difficult but it's really helping me out, not only physically, but also emotionally, and psychologically. It helps me be stronger. Mr. Newton helps me believe in myself and want to continue and not give up. It's really inspiring to believe in myself and know that I can actually do it."



Karol on June 1.

"Going to Newton Fitness is not just about working out," she continues. "I have to have a very clear mind when I walk in there and focus on what I'm doing, both in getting ready for the workout, doing the actual workout, and listening to Mr. Newton and what he is teaching us."

Karol believes the focus she has learned from Mack Newton has helped her tremendously in forming organizational skills in other areas of her life. This summer she is on what she calls a "crazy schedule" that begins with waking up at 6 am to prepare for her day. "I make my Mack shake and then prepare both my 3-2 lunch and dinner to take with me for the rest of the day, and make sure I have enough water with me. By 7:30 am, she arrives at the Washington School District where she works for the special needs preschool office. By noon she arrives at Newton Fitness for her workout, which she usually does four times a week. Later in the afternoon and evening, she is at ASU where she is studying to be a speech therapist. She doesn't get back home until 9:30 pm, and then frequently has homework to do before she goes to bed.



Karol on July 30

Before beginning the program, she says "I would be just dead by 5 pm every day. I just didn't have any energy to continue." She is surprised that the long and vigorous workouts have actually increased her stamina to the point that "I feel really full of energy and can keep up with everything." Karol has lost 21 pounds so far.

"I'm really grateful because you don't get opportunities like this every day and that's why I jumped on it."

San Francisco Health Hero



Marina in 2005

Marina Perelman started at Newton Fitness in February 2005. At 238 pounds, she wanted to lose weight and trimmed 25 pounds in less than two months of working out. However, her career soon necessitated a relocation to San Francisco, where she is working as a producer for NBC. She has continued to work out with the Mack videotapes and stay on the 3-2 eating plan, and has now shed a total of 92 pounds.

"I originally found out about Mack through a co-worker," she says. "I needed someone who was going to help me work out and not let me make any excuses. And that's what Mack is good at. He taught me self discipline and I'm doing things that I never thought possible."

Marina returns to Newton Fitness in Phoenix every six to eight weeks to make sure she is on target and get weighed in. "Each time I come back, I'm stronger. It's almost a little scary when I return because I'm not used to going to the class every day now, but I feel great at the end of it.

When she was hired for her San Francisco job, she was still in excess of 200 pounds. "Throughout the year I've been shrinking, and everybody has been noticing it. Everybody now comes to me to talk about their concerns for their own health and weight, and I tell them about Mack.

"Mack has taught me self discipline, mind over matter, and how to stick with it. He's taught me that the only limitation is myself and my own mind and attitude."



Marina in 2006

www.macknewton.com

Sign up as an Active Member on the web site. It's easy and it's free! Members will receive:

- * Access to exclusive content
- * Discounts in the online store
- * Personal insight in newsletters
- * Advance notification of special offers and events



Health Hero of the Month : Anne McNamara

Anne McNamara began working out at Newton Fitness in December of 2005 and has already lost 75 pounds, going from 249 to 174 pounds. Her body fat has decreased from 46.7% to 24.9%. "My first trial class and consultation was pretty scary," she says, because I don't think of myself as an athletic person. It has transformed my life. It has changed all sorts of things."

Anne says she is primarily concerned about losing weight as well as getting healthy. After a complete physical, her doctor told her all indications were basically okay, but she was borderline diabetic, borderline hypertension, and borderline high cholesterol. He cautioned her about losing weight in order to prevent any of these problems from occurring. "I also wasn't feeling as good as I knew I could feel."

The last time she lost a significant amount of weight, says Anne, was when she participated in the 1990s on a trial for phen-phen. When the drug



was pulled off the market due to possible heart muscle damage, she had the tests to make sure her heart had not been affected, but she regained the weight. "Since then I've been up and down. I've tried South Beach, Atkins, and others. I lost weight on all of those but of course it always came right back I had even

Anne in December 2005

considered bariatric surgery, but I'm really glad I didn't do that. I incorporated exercise occasionally but never on a routine basis, so this is very different for me."

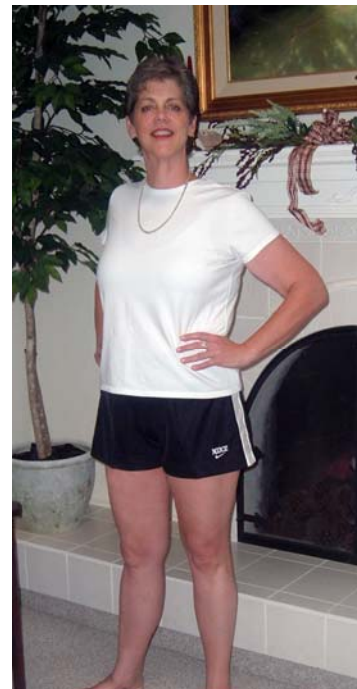
"The reactions from friend and family have been unbelievable, she says. "People want to know what I've been doing. My boss keeps telling me I'm looking fabulous. My family and friends have been very encouraging and very supportive."

"I never believed that becoming de-caffeinated would actually make me more energetic," she says with a laugh. "Nurses live for caffeine. But now I have so much more energy than before. More *vibrance*, in terms of living and looking forward to the future. I have always thought of myself as having a good, positive attitude but I think working with Mack just enforces that because he so strongly encourages a good attitude."

Anne is very motivated to continue with the workouts and the weight loss. "I've written all my goals down as Mack has suggested. I told him 'this is just like doing my dissertation for my Ph.D.' This program requires tenacity. It took two or three weeks for me to really surrender completely to the full program."

"Although it requires some sacrifice, I know I'm following the lead of an expert. When it gets difficult I tell myself that if I were consulting any expert, whether it was a physician or attorney, when I pay for their advice, I listen to what they say."

In her job as a registered nurse and Dean of Nursing at the Rio Salado college, Anne is accustomed to putting other people first. "This feels pretty selfish, but not in a bad way. It's the first time I've really done something just for me."



Anne in July 2006



1100 AM
KFNX

Every Thursday
4 to 5 pm



3243-A E. Indian School Road
Phoenix AZ 85018
(602) 957-6492
www.macknewton.com